

Professional, Fun, Fitness

WEDNESDAY'S 9AM

*4 Ladies*

Starting Wednesday 11th August

Especially Mum's

Mind, Body  
Core &  
Pelvic Floor

Bicheno  
Community Hall

All ages &  
levels welcome  
Bookings Essential

# Tough Mumma

Strengthen & Tone  
The whole body

\$15 per session, or  
\$130 x10 sessions

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